TUROG BREAD

The Bread of Health.

S B 1061.

"Turog" Bread.

For 3½ lbs. "TUROG" flour take 1 oz. yeast, ¾ oz. salt, and 1 quart lukewarm water. For 7 lbs. flour, double the quantities.

Dissolve the yeast in a small quantity of the water, adding the salt to the remainder. Proceed as in the making of white bread, and after the dough has acquired the proper consistency let it stand in a moderate temperature free from draughts from 1¼ to 1½ hours, then give a little more kneading and tin, let it rise in the tin for about 20 minutes and bake in solid heat for 1¼ hours.

For . . .

"Turog" Currant Bread

Add 1 lb. fruit to 3½ lbs. flour.

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Turog Bread

What it means to you.

"TUROG" Bread is a new brown bread, possessing the recommendations of quality and merit in addition to that of novelty.

Instead of being flat and damp like ordinary brown breads, it has a light, spongy texture unrivalled by the best white bread.

"TUROG" Flour is made from selected wheats. It is partially cooked in the process of preparation, and contains the full nourishment of Nature's wheat berry in such a form that the digestive organs can quickly and readily assimilate it.

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Turog Bread

Some foods are far more valuable than others. A large quantity of poor food is not satisfying. It simply overtaxes the stomach and wastes energy.

The food value of anything is not determined by its weight, but by the amount of nourishment absorbed to renew worn-out tissues.

The process by which **"TUROG"** is made renders the nourishment in the envelope and life germ of the wheat available to you. It unlocks the nutritive value of the branny matter, ordinarily thrown away. It renders this branny

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Turog Bread

matter susceptible to the action of digestive juice, prevents and cures constipation, without causing the irritation to the delicate lining membrane of the bowels, which coarse whole meal produces.

Quality, not quantity, is the common sense of meal times.

There is no member of the family who will not benefit by using **"TUROG"** Bread.

"TUROG" Bread is the safest children's cereal. While children are still growing, mind and body develop

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together. The body must be adequately nourished if the mind is to grow. The brain is fed by the blood. If the blood is poor the brain cannot develop healthily as it should. In **"TUROG"** Bread you get the elements that build the body and feed the brain.

Your baker will supply you with **"TUROG"** Bread, but if he does not sell it, write to us for name of nearest agent.

"TUROG" Flour is manufactured by the largest Flour Millers in the United Kingdom,

SPILLERS & BAKERS, Ltd.,

CARDIFF,

Also at Bristol and Newcastle.

"Turog" Scones.

5 lbs. "TUROG" Flour

½ lb. Butter.	½ lb. Sugar.
2½ ozs. Cream of Tartar.	1 qt. Milk.
1¾ ozs. Bi-Carbonate Soda.	4 Eggs.

Method: Rub lightly through the tip of the fingers "Turog" flour, butter, sugar, carbonate soda and cream of tartar (double quantity of cream to bi-carbonate soda mixed make an excellent baking powder). Make hole in centre of flour into which pour eggs and milk, mix to moist consistency then roll lightly. Cut into four and bake in very sharp oven.

"Turog" Gingercakes.

5 lbs. "TUROG" Flour.

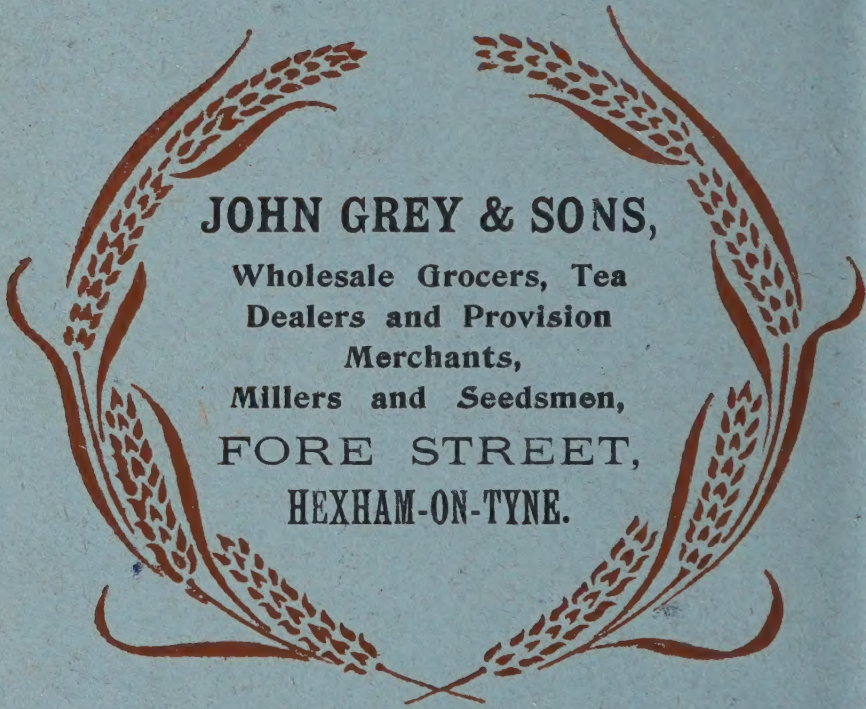
2 lbs. Golden Syrup.	2 ozs. Carbonate Soda.
28 ozs. Butter.	4 Eggs.
2½ ozs. Ginger.	3 pts. Milk.
½ lb. Candied Peel.	6 ozs. Almonds.
	14 ozs. Sugar.

Method: Mix "Turog" flour, sugar, ginger, bi-carbonate soda, candied peel well together; cream the butter and golden syrup, well beat the eggs, and making hole in centre of flour add the butter and golden syrup, also eggs and milk. Mix well with spoon to a very moist consistency. Bake in a VERY SLOW oven for one hour and fifteen minutes.

For smaller quantities reduce proportionately

"TUROG"

BREAD.



JOHN GREY & SONS,

Wholesale Grocers, Tea Dealers and Provision Merchants,

Millers and Seedsmen,

FORE STREET,

HEXHAM-ON-TYNE.

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